

HIGH FLYER

IN GOD WE TRUST, ALL OTHERS WE MONITOR

VOL. 11, ISSUE 19

SERVING THE BEALE AIR FORCE BASE, CALIF., COMMUNITY

MAY 11, 2007

Last Block 10 U-2 leaves Beale



Beale's last Block 10 U-2 is marshalled onto a taxiway for takeoff Monday. The U-2 will undergo a complete upgrade to Block 20 before re-joining the fleet next year. (Photo by Staff Sgt. Zachary Wilson)

By Staff Sgt. Zachary Wilson
9th RW Public Affairs

The last Block 10 U-2 in the Air Force's fleet departed from Beale Monday en route to Palmdale Maintenance Depot, where it will undergo an upgrade to Block 20 status before re-joining the fleet next year.

Tail number 1083 left Monday morning towards Lockheed Martin's Air Force Plant 42 to begin the next phase of its service to the Air Force, said 2nd Lt. Carlos Reyes, 9th Aircraft Maintenance Squadron assistant officer-in-charge. The plane was the last Block 10 U-2 left in service.

Once 1083 arrives in Palmdale, the contractors there will begin the process of tearing the plane apart "literally to its ribs and basic frame," Lieutenant Reyes continued. "The process is much more intensive than the phase maintenance we perform here at Beale and will provide the aircraft with an in-depth inspection and could involve replacing many parts and items inside."

While Beale has been sending U-2s to Palmdale steadily for the conversion for last few years, the departure of 1083 marks a closure to a chapter in the fleet's history and continues a new chapter

see BLOCK 10 page 4

AF Week scheduled for June 4 to 10

By 2nd Lt Ashley Peltier
9th RW Public Affairs

It's a bird ...

It's a plane ...

No, it's Air Force Week coming to Sacramento, California.

The United States Air Force will hold its second nationwide Air Force Week of 2007 in Sacramento beginning June 4 and culminating with an air show at Mather Air Base on June 9 and 10 featuring the U.S. Air Force Thunderbirds.

The Sacramento metro region was selected by Air Force officials to host Air Force Week, a week-long event giving the citizens around the region the opportunity to see the men and women defending America in the Global War on Terror.

"I am asking all of you to come out and enjoy the Air Force week activities," said Air Force Chief of Staff General T. Michael Moseley. "They are designed to be an opportunity

see AF WEEK page 3

5th RS celebrates 90 years of rich success, teamwork

By Airman 1st Class George Cloutier
9th RW Public Affairs

The 5th Reconnaissance Squadron at Osan Air Base in the Republic of Korea celebrated their 90th anniversary Saturday.

The 5th RS, also known as the "Blackcats," is a squadron under the 9th Reconnaissance Wing's 9th Operation Group operating in South Korea that is responsible for conducting high altitude U-2 operational reconnaissance missions in Northeast Asia. Beale U-2 pilots regularly deploy to the unit to carry out the extremely sensitive "real-world" mission.

"The 'Blackcats' operate a daily reconnaissance presence supporting national and theater

objectives in Northeast Asia," said Colonel John Engle, 9th Operations Group commander. "They provide intelligence critical for the defense of the United States Pacific Theater and republic of Korea."

"The 5th RS 'Blackcats' are proud of the 90-year heritage of the '5th Squadrons' — from the 5th Aero Squadron of 1917 to the 5th Reconnaissance Squadron of today," said Lt. Col. Lars Hoffman, 5th RS commander. "It's an honor to know that we are part of a squadron that has had an impact on every war since WWI."

The 90th anniversary of the 5th also coincides with many other notable dates, including the recent 30th anniversary of the U-2 at Osan, the

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A free preschool option is
available for eligible
families. See page 10 for
more information.

OPEN LINE



The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open Line. If

you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

Open Line number:
634-8888

Open Line e-mail:
9RWPA@beale.af.mil

Brig. Gen. H. D. Pumbo, Jr. is the 9th Reconnaissance Wing commander at Beale. (Photo by John Schwab)

The common denominator

By Colonel Teresa Fitzpatrick
548th Intelligence Group
commander

How many of us remember saying the following phrase in elementary or high school: "I am never going to use [insert one of your least favorite school subjects here] in real life."

I'm sure our teachers heard that phrase a time or two from many of us.

However, your fourth grade teachers are about to be vindicated in this column.

I recall that fractions and the "common denominator" were emphasized heavily in my mathematics education around this time.

Thank goodness the Internet has taken off since I was in fourth grade because I accessed the "Ask Dr. Math" Web site to give me the definition of a common denominator: "We can't add or subtract fractions unless they have a common denominator. The least common denominator of two fractions is the least common multiple of the denominators of those fractions."

Besides giving you flashbacks to elementary school math nightmares, you're probably asking, "Just exactly what does this have to do with me as an Airman?"

What is the common denominator in the following events?

The 9th Maintenance Group turned in a herculean performance in executing an immediate action time compliance technical order that affected the entire U-2 fleet.

The 9th Operations Group performs high-altitude Intelligence Surveillance and Reconnaissance missions worldwide and makes it look easy.

The 9th Mission Support Group performs a variety of demanding missions to make Team Beale run smoothly.

The 9th Medical Group ensures you and your families have an opportunity to stay healthy as well as receive the medical attention you need.

The 548th Intelligence Group provides intelligence around the clock to United States and Coalition forces in Afghanistan and Iraq.

The 7th Space Warning Squadron provides space and missile surveillance around the clock.

Answer: An Airman.

What is the common denominator in these events? A Team Beale member decides to go drinking with friends and uses the "least drunk" rule to determine who drives home.

A Team Beale member op-

erates a motorcycle without attending the Air Force-required motorcycle safety course.

A Team Beale member fails to meet the worldwide deployment standard because he missed his Preventative Health Assessment appointment.

A Team Beale member goes snowboarding and chooses to go on slopes that exceed their snowboarding capabilities.

Answer: An Airman.

The common denominator to every mission success or failure to meet standards is an Airman.

Commanders, superintendents, first sergeants, NCOs-in-charge and Beale supporting agencies are here to help you, but each Airman bears the responsibility to ensure they meet standards. From taking care of your dorm room or on-base house to your on-the-job training and personnel records to maintaining your physical fitness to managing your finances, you are the common denominator.

You ultimately decide whether you exceed, meet or fail Air Force standards. The sum of each Airman's actions determines mission success or failure. How each Airman behaves during off-duty hours



Col. Teresa Fitzpatrick

determines how the American public views their Air Force.

Always remember, "an Airman" is at the center of the Airman's Creed.

You have answered your nation's call.

You are faithful to a proud heritage, a tradition of honor and a legacy of valor.

You will not falter, and you will not fail.

Therefore, I'm adapting a mathematical reference to illustrate this point: "An Airman is the Air Force's "most valuable common denominator" regardless of the situation.

You are an American Airman.

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Integrity first, Service before self, Excellence in all you do



Nurse and Technician Appreciation

Col. Keith Gentile, 9th Reconnaissance Wing vice commander, provides an opening address at the Nurse and Technician Appreciation Week kick off Monday at the Beale clinic. (Courtesy photo)

AF WEEK from page 1

for all of us to demonstrate the remarkable pride and professionalism of the greatest air and space force the world has ever known."

The purpose of Air Force week is to raise public awareness of the service's operations, capabilities and role Team Beale is playing in the Global War on Terror as well as showcase Airmen and thank local communities for their continued support.

"These events will give people the opportunity to meet the amazing Airmen here who are selflessly defending America and showcase Beale's unique mission," said Brig. Gen. H. D. Pumbo Jr., 9th Reconnaissance Wing commander. "It's a pleasure to be neighbors with the Sacramento and northern California communities and I want to share our proud 60 years of Air Force heritage with them."

Beale kicks off the week with a proclamation on the state capitol steps June 4 which will officially declare June 4 through 10 as Air Force Week in northern California. Military Appreciation Night is at the River Cats game at 7 p.m. that night. Several performances of Tops in Blue, the Air Force's expeditionary entertainers, are scheduled to perform throughout the week as well.

"Come out and celebrate the Air Force's rich history and limitless horizon during Air Force Week," Brig. Gen. Pumbo said. "We look forward to seeing you at the events during this week."

For more information on all the events scheduled, visit Beale's Air Force Week Web site at www.beale.af.mil/airforceweek or call the Public Affairs office at 634-8894.

ANNIVERSARY from page 1

45th anniversary of the "Blackcats" unit patch and the 60th anniversary of the Air Force.

The 5th Aero Squadron was organized May 5, 1917, at Kelly Field, Texas. Their mission was to train new pilots to fly the JN-4 "Jennys." At the end of WWI, the squadron de-mobilized, but was organized once again at Hazelhurst Field, N.Y. in October of 1919 and re-designated as the 5th Observation Squadron in 1921. As tension was increasing in Europe in the mid-1930s, the Army once again re-designated the unit as the 9th Bomb Group, 5th Bomb Squadron. The unit carried out anti-submarine missions in South America, bombing raids against the Japanese in the north Marianas islands in the Pacific, on Iwo Jima in preparation for the upcoming amphibious landing and on Japan's main islands.

The 5th Bomb Squadron was inactivated in 1948 following the end of World War II, and later reactivated in 1949 at what was then Fairfield-Suisan, now Travis Air Force Base. In 1953 the 5th relocated to Mountain Home Air Force Base, Idaho, where they flew B-47 "Stratojets" as part of Strategic Air Command's nuclear deterrent force for the next 12 years.

The squadron inactivated in

1966 with the relocation of the 9th Bomb Wing to Beale. It wasn't until 20 years later that the 5th was reactivated at Osan in 1976 and joined the then-9th Strategic Reconnaissance Wing.

The 5th officially replaced the 9th RW's Detachment 2 in 1994 after a brief period of inactivation and have since carried out the ISR mission in the Northeastern Asia theater.

"The 'Blackcats' have a long and proud heritage of providing critical intelligence that has been key to the defense of this nation and the world," said Brig. Gen. H. D. Pumbo Jr., 9th Reconnaissance Wing commander. "They are in every way an admirable unit that does a fantastic job carrying out the mission of the world's greatest Air Force."

"We look forward to a bright future for our Air Force and for the 5th," Colonel Hoffman said. "Whether flying a U-2 or some unmanned reconnaissance vehicle, the thirst for intelligence will always need to be satisfied. I expect Airmen of the 5th to be serving with distinction 90 years from now, as they did in 1917 and as they continue to do today."

For more information on the 5th RS, visit the Osan Air Force Base Web site at www.osan.af.mil.

WARRIOR SPOTLIGHT

Airman 1st Class Paul Martin



Unit: 9th Medical Group

Job: Health services technician

Hometown: Tazewell, Tenn.

Air Force goals: Make senior airman below the zone and obtain my Community College of the Air Force degree

Time in the Air Force: Two years and two months

Hobbies: Music, music, music

The thing I like best about Beale AFB: The people I work with

Airman 1st Class Paul Martin is a health services technician for the 9th Medical Group. (Photo by John Schwab)



(Above) Lt. Col. Timothy Willams goes over pre-flight procedures in a cockpit of Beale's last Block 10 U-2. The U-2 departed Beale Monday to Palmdale, Calif., to undergo upgrade to Block 20 status. The procedure will last one year.
(Right) The Block 10 cockpit of aircraft 1083 will be replaced with modern glass displays and touch-screen instruments after conversion to Block 20 status. (Photos by Staff Sgt. Zachary Wilson)



BLOCK 10 from page 1

of U-2s providing warfighters intelligence, surveillance and reconnaissance support around the globe, said 2nd Lt. Gina Ishida, 99th Aircraft Maintenance Unit assistant officer-in-charge.

"Since April of 2002, Beale has been patiently converting the entire fleet, one by one, from a Block 10 to a Block 20 model," Lieutenant Ishida said. "The initial design concepts began in the late 1990s in an effort to reduce maintainability costs for the aging cockpit and to allow for a more ergonomically efficient cockpit."

The cockpit modification will replace the dated display, navigation and flight instruments to a digital glass-screen, touch-operated interface that provides easier access for the pilots.

"The Block 10 was a classic cockpit with round dials. Information was spread all around the cockpit and not

easily readable by a pilot wearing a full pressure suit," said Lt. Col. Lars Hoffman, 5th Reconnaissance Squadron commander at Osan Air Base, Korea. "It is extremely difficult to look around a cockpit while wearing the full pressure suit and helmet, so this 'up-front' design of the Block 20 makes it easier for the pilot to read information while flying an aircraft that requires a pilot's full attention always."

Lieutenant Reyes also noted that the theater requirements mandate that Block 20 U-2s be used in real-world situations and with the upgrade of 1083 to a Block 20, the 9th RW has accomplished a major milestone by making sure its aircraft are leading the way in providing theater commanders with the most proficient systems available.

The need for the Block 20 fleet-wide was recognized years ago and Beale leadership has been a staunch supporter of the effort through several wing commanders.

"The Block 20 initiative was started by a previous 9th Reconnaissance Wing commander," said Ed Moore, a retired chief master sergeant, currently working for an on-base maintenance contractor, "he was a fighter pilot and was appalled that the cockpit still had 'steam gauges' as he called them."

One of Beale's U-2 pilot, Major Mikko LaValley, 1st Reconnaissance Squadron, compared it as "It's like going from playing the Atari to playing the X-Box 360."

Additionally, Lt. Col Michael Macci, 1st RS commander, who has been in on the block 20 upgrade project since 1998, said the departure of

aircraft 1083 "puts the U-2 into the 21st century," and the benefits are invaluable to the pilots. He also emphasized the drastic reduction in training manuals, the ability for instructors to concentrate on teaching one model as opposed to two different models, and the reduced risk management procedures for pilots to learn as benefits to the program.

"While not too much of a change for our U-2 maintainers, there will be less supply assets to retain and fewer technical orders to keep track of," Lieutenant Ishida said. "In the shrinking Air Force where less is more, this will behoove us."

(Information from a June 2006 article courtesy of The 51st Fighter Wing Public Affairs office and Department of Defense news service at www.defenselink.mil was used for this report.)

**Check out Air Force Week news at
<http://www.beale.af.mil/airforceweek>**

Roll Call No. 18: Airmen unite for anniversary

By Air Force leadership

On April 18, 1942, 16 Army Air Corps B-25 medium bombers lifted off the Navy carrier, Hornet, to accomplish a dangerous mission that seemed impossible. President Franklin D. Roosevelt wanted a daring air assault over Japan in response to the surprise attack on Pearl Harbor, Hawaii, on Dec. 7, 1941.

The order was carried out by Lt. Col. James Doolittle, who led a group of 80 volunteers. The mission was to bomb five major cities on the home island of Japan, to include Tokyo. They flew for more than 15 hours. None had the fuel to make it to their landing destination, and they flew until they ran out of gas. Ten planes were abandoned after crews bailed out, five crash-landed and one flew to Russia.

Fifty men jumped out of their planes into a stormy night over China. Most of the men eventually made it back home safely, but some were executed, some drowned and some were taken prisoner. In Lt. Col. Doolittle's mind, the mission was a failure since all 16 aircraft were lost. In the eyes of the American public, though, it was a great success and morale skyrocketed as the nation prepared for World War II. The raid proved that Japan was vulnerable to an Allied attack,

that it was no longer an invincible enemy.

The raid also showed that bombers could take off from aircraft carriers and that the B-25 was capable of long combat missions.

Recently in San Antonio, the remaining Doolittle Raiders reunited to remember their historical mission.

They will remember their fellow Raiders who have since passed on, and turn their famed goblets upside down in their memory. Out of 80 goblets, less than 15 remain right-side up.

As Airmen in today's Air Force:

- * It's important for all of us to remember historical events like Doolittle's raid over Tokyo which provides us our lasting heritage.

- * We must learn the lessons from such missions, and to recognize the effect such missions had on the American public.

- * We must remember that the Doolittle Raiders were just like us, a group of people from all across America, who left behind families and friends to defend America in the face of the enemy.

Despite the odds, they depended on each other and performed courageously, showing how air power and Airmen are capable of changing and shaping history.

Roll Call No. 19: Statement explains essence of Airmen

By Air Force leadership

Airmen now have a creed that summarizes what it exactly means to be an Airman. Gen. T. Michael Moseley, Air Force chief of staff, introduced the new "Airman's Creed" to provide Airmen with a tangible statement of beliefs that they can hold most dear.

The creed is meant to help invigorate the warrior ethos of today's Total Force.

Our warrior ethos is the war fighting-focused culture, conviction, character, ethic, mindset, spirit and soul we all foster serving in today's Air Force.

The four paragraphs were created from an extensive, collaborative effort and feedback from Airmen throughout the force.

It was designed to resonate with Airmen past, present and future.

General Moseley said that having an Airman's Creed is like a blinding

flash of the obvious: that it simply and concisely puts into words the warfighting spirit that exists in Airmen past and present.

Here are some important things to know about the Airman's Creed:

- * It's meant to give credit to the 700,000 Total Force Airmen who fight our nation's wars, to give them a sense of ownership of a combatant organization.

- * The creed encapsulates what it means to be an Airman, to have pride in service and captures the warfighting ethos of the Air Force.

- * It was created to focus on and identify a spirit -- a warfighting ethos -- that transcends time from the past to the present and into the future.

- * All Airmen should appreciate the renewed emphasis on our warfighting heritage, as it deepens and broadens our identity as warfighters.

To view the Airman's Creed go to <http://www.af.mil/shared/media/document/AFD-070418-013.pdf>.

Planning a vacation?
Visit www.afvclub.com



Walking for life

Leslie Mackney, James Quinland, Jaime and Aylssa Quinlan, Nick Solwick, Jen and Hayley Brashier, Lena Ochoa, Paul Wright, Shannon Dempsey, Kendar Williams, Sunshine Conyer, Cecilia Range, Josh Conyer and Gabriel and Vedder Conyer pose for a quick picture after the team participated in a 6-mile Walk America event in Sacramento starting and ending at the state capitol building on April 28th. The walk helped raise over \$3800 for the March of Dimes. (Courtesy photo)

HERITAGE CORNER



On this day in Air and Space history:

* In 1953: The 63rd Troop Carrier Wing at Donaldson AFB, S. C., received the first C-124 aircraft. Service testing for the aircraft occurred in February to March 1952, and the first live paratroop drops from these aircraft took place at Fort Bragg.

* In 1958: Flying a Lockheed F-104A Starfighter at Edwards AFB, Calif., Maj Howard Johnson set a 91,243-foot Federation Aeronautique Internationale altitude record for class C jets.

* In 1962: Operation Quick Kick. Units of all U.S. military services cooperated in the largest U.S. land-sea-air exercise since World War II.

In 1966: The Minuteman Force Modernization program started at Whiteman AFB, when Strategic Air Command removed the first flight of 10 Minuteman I missiles from their silos. These missiles were replaced with Minuteman IIs.

* In 1984: The HH-60D helicopter completed its first data flight at Edwards AFB, Calif.

* In 1985: Exercise Distant Hammer: Through May 17, USAFE EF-111 Ravens participated in their first NATO exercise.

* In 1994: Through May 9, six Air Force airlift aircraft moved 623 people, including 448 Americans, from Yemen to Saudi Arabia after civil war broke out.

Heritage question:

In 1970, the Strategic Air Command won the Blue Steel Trophy. What was it?

A trophy for the best combined bombing and navigation results in the RAF Strike Command's bombing and navigation competition.



May 11 Puzzle Solution

“Why is your mom important to you?”



Anthony Gonzalez

“Because she mostly does stuff with me and watches me a lot because my dad has to work.”



Heather Hensley

“She never yells at me and I really love her because she is so nice to me. She’s very important because she feeds me and gives me a home. And I appreciate that.”



Juleigh Morford

“She’s really nice. She takes care of me by making food. And if I’m sick, she tries to make me feel better.”



Kolby Harpold

“Because she takes care of me while dad is gone at the desert.”



Megan Burr

“Because she takes care of me and she cooks for me and takes care of my laundry.”

This week’s “Man on the Street” conducted by Senior Airman Christine Collier

Beale AFB Chapel Programs Helping You to Stay Spiritually Fit!

Protestant Sunday

0900 Foothills Chapel Praise Service with Nursery
1030 Sunday School at Lone Tree Elementary ages 3 to Adult
1100 Valley Chapel Gospel Service with Nursery

Tuesday

1800 at Foothills Chapel AWANA - Cubbies to T&T with Nursery

Wednesday

0900 at Valley Chapel PWOC (Protestant Women of the Chapel) with Nursery
1900 at Valley Chapel Bible Study with Nursery

Friday

Monthly Officer Christian Fellowship – POC Capt Stremmel 634-3897
Protestant Youth, Puppet Ministry, Protestant Men – POC Ch Olson 634-4701

Catholic Sunday

0900 Religious Education at Lone Tree Elementary preschool to 12th Grade
1030 Foothills Chapel Mass
1700 Foothills Chapel Mass RCIA, Catholic Youth, Catholic Women/Men, Bible study, Baptisms – POC Leila at 634-4707

Daily

1130 Foothills Chapel Mass except Thursday

Islamic Friday

1300 Valley Chapel Islamic Prayers – POC Ed Helalian at 634-3834

Pagan Saturday

1400 Valley Chapel discussion group – POC George Cloutier 634-8887

*Question may be directed to the Chapel Staff at 634-4701 or 634-4705
Valley Chapel is at 6199 C Street on the main base near the Bowling Alley*

Foothills Chapel is at 15001 Camp Beale Highway in the housing area

“Glorifying God – Honoring Airmen – Serving All”



Meeting the governor

Col. John Borland, 9th Mission Support Group commander, and Brig. Gen. H. D. Pumbo, Jr., 9th Reconnaissance Wing commander, meet with California Governor Arnold Schwarzenegger on May 2 to discuss California's joint land-use survey, which promotes compatible community growth and land use planning between military bases and surrounding communities. (Courtesy photo)

Helping servicemembers, helping their families
www.airforceonesource.com

Beale Bijou

634-2521



Friday evening Music and Lyrics (R)

Hugh Grant, Drew Barrymore
Alex Fletcher is a washed-up

'80s pop star who's been reduced to working the nostalgia circuit at county fairs and amusement parks. The charismatic and talented musician gets a chance at a comeback when reigning diva Cora Corman invites him to write and record a duet with her, but there's a problem—Alex hasn't written a song in years, he's never written lyrics, and he has to come up with a hit in a matter of days. Enter Sophie Fisher, Alex's beguilingly quirky plant lady, whose flair for words strikes a chord with the struggling songwriter.



Friday evening Catch and Release (PG-13)

Jennifer Garner, Timothy Olyphant
After the sudden death of her fiancé,

Gray Wheeler finds comfort in the company of her friends: lighthearted and comic Sam, hyper-responsible Dennis, and, oddly enough, his old childhood buddy Fritz, an irresponsible playboy whom she'd previously pegged as one of the least reliable people in the world. As secrets about her supposedly perfect fiancé emerge, Gray comes to see new sides of the man she thought she knew, and at the same time, finds herself drawn to the last man she ever expected to fall for.



Wednesday evening Letters from Iwo Jima (R)

*Ken Watanabe,
Kazunari Ninomiya*

The story of the battle of Iwo Jima between the United States and Japan during World War II, as told from the perspective of two good friends serving in the Japanese forces, who watch helplessly throughout various battles as their comrades are killed.

Protect against mosquito bites

*By the 9th Medical Operations Squadron
Public Health Element*

As the weather begins to warm up, the mosquito season kicks-off.

Besides being an annoyance, mosquitoes can transmit many diseases including West Nile Virus. From 1999 to 2006, a total of 23,967 cases of WNV disease in humans and 959 deaths were reported in the United States. In 2006 alone, there were 4,261 WNV confirmed cases and 174 deaths.

WNV is transmitted to people and animals by the bite of an infected mosquito. Only certain species of mosquitoes carry the virus and very few mosquitoes are actually infected. A mosquito first acquires the infection by feeding on a bird that already has the virus in its blood. The virus lives in the mosquito and is transmitted to a new host when the insect bites a person or animal.

Most WNV infections are mild and often clinically unapparent. Approximately 20 percent of those infected will develop a generally mild illness. Individuals may develop symptoms such as fever, headache, nausea, body aches, skin rash, and/or swollen lymph nodes. In less than one percent of individuals infected, a more severe illness, such as viral meningitis or encephalitis, may develop. These more severe illnesses often require hospitalization. The time between the mosquito bite and the onset of illness, known as the incubation period, ranges from five to 15 days in humans. The elderly, newborns and infants, and those with weakened immune systems are particularly susceptible to severe illness. Since WNV is caused by a virus, there is no treatment, cure or human vaccine.

The best measures to avoid mosquito bites include wearing protective clothing and using insect repellent when outdoors. Repellants containing DEET are dependable for long-lasting protection

after a single application. The American Academy of Pediatrics recommends that repellents used on children not contain more than 10 percent DEET, but concentrations of up to 30 percent DEET have been shown to be acceptable for adults. Indoors, you should make sure that doors and windows have tight-fitting screens. Repair or replace all screens that have tears or holes to prevent mosquitoes from entering homes.

The list of actions below can help prevent mosquito-breeding sites around homes decreasing the mosquito population:

- * Remove all discarded tires from the property, as they can hold water.

- * Dispose of tin cans, plastic containers, ceramic pots or similar water-holding containers.

- * Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall.

- * Clean and chlorinate swimming pools, outdoor saunas, and hot tubs. If not in use, keep them empty and covered.

- * Drain water from pool covers.

- * Change the water in bird baths every three to four days.

- * Turn over plastic wading pools and wheelbarrows when not in use.

- * Eliminate any standing water that collects on the property.

- * Remind or help neighbors to eliminate breeding sites on their properties.

Beale's Public Health office and the 9th Civil Engineer Squadron's Entomology shop are part of the Yuba County WNV Task Force who have an active surveillance team that evaluates the base and implements procedures to decrease local mosquito populations.

For more information, visit www.westnilefever.com, www.cdc.gov, www.westnile.ca.gov/, or contact the 9th Medical Group Public Health office at 634-4883.

**Movies are shown at
the Community Center.
Evening movies play at 6 p.m.
The cost is free.
For more information,
call 634-3165.**

Free preschool option for eligible military families

*By Airman 1st Class Robert Biermann
9th RW Public Affairs*

A free preschool class, for eligible members, is now underway.

"The services will include a part-day standard based preschool class offering families a morning or afternoon choice," said Tammy Upton.

These programs meet the educational standards that are currently followed in California.

Eight years ago the Wheatland school district began offering free state-funded preschool classes to 48 children.

It expanded its class into Wheatland six years ago.

"These classes were in high demand

and never lacked extensive waiting lists," Ms. Upton said.

The school district later began petitioning the California Department of Education five years ago for expansion money to increase the number of free slots offered.

"The request for more money was finally granted two years ago," Ms. Upton said. "The school district is now funded to serve 104 income-eligible families of three and four-year-olds."

In this extra funding came new income ceilings.

For example, in order for a family of four to previously qualify their monthly gross income could not exceed \$3,700.

A family of four can now make up

to \$4,635 and still qualify.

"Families that didn't qualify in the past may very well qualify this year," Ms. Upton said. "It may be a good idea to reapply under the new income ceilings."

Along with this change, the Wheatland community has been growing steadily the last several years with more growth projected.

Mrs. Debra Pearson, Wheatland Superintendent, authorized the opening of a part-day and full day preschool fee based class located at Wheatland Elementary School.

"This class met the growing needs of the Beale and Wheatland community for available preschool slots," Ms. Upton said. "The school district office

has recently moved to the former Wheatland Elementary School campus. The vacant building that once housed the district offices is being renovated to again expand the early care and education services that are in high demand within the Beale and Wheatland community."

Another need that has recently been recognized is a fee-based part-day preschool located at Lone Tree elementary.

"Families that are in need of a quality preschool environment for three to five days a week are strongly encouraged to call and register their child," Ms. Upton said.

For more information about this preschool program, call 633-3257.

The official Air Force community Web site
<http://www.afcrossroads.com>

Conserve water, energy on Beale to save expenses

By the 9th CES housing flight

Now that the late rainstorms are subsiding and a parched spring and summer climate is approaching, it is time to revisit water and energy conservation practices.

This is an issue few consider in daily routines, but all need to focus on.

An added challenge this year is that installations are not being fully funded for utility costs.

Beale will receive only 95 percent of what was spent last year to pay installation utility costs.

If costs exceed the funded amount, those bills will have to be paid using dollars that would otherwise be used elsewhere on the installation.

Have a part in conserving resources by complying with conservation policies already in effect.

Such policies include ensuring exterior lights are off during daylight hours, restricting the use of interior lighting to only rooms that are in use and do not have sufficient sunlight, keeping the thermostat set at 78 degrees during warm weather, and adhering to the lawn watering restrictions.

High water use causes added strain to other limited resources; such as electricity, due to increased pumping and treatment.

An increase in electrical use due to heavy water demands and air conditioning could put a strain on California utility systems, which may eventually lead to blackouts.

Beale's average monthly water consumption doubles during these months.

Please take a few seconds to review the watering guidelines and remind your neighbors to do likewise.

Approved Watering Times

- * Odd numbered addresses water on odd days.

- * Even numbered addresses water on even days.

- * No watering is permitted on the 31st day of any month.

- * Watering is only permitted from 5 to 10 a.m. or 7 to 10 p.m.

Currently, Sacramento Weed and Growth Regulators, Beale's grounds contractor, has a waiver through Contracting to irrigate every day and at night with the use of their "rotator" sprinklers outside of the restricted hours.

This waiver is being reviewed and may change.

However, these types of sprinklers are

very low volume and need to be left on for an extended period.

Water is going on at a slower rate, which penetrates our hard clay soil much better and in turn helps establish the roots of the grass, it also causes less run off.

The rotator sprinkler is the preferred method of irrigating throughout the agriculture industry.

In a 24-hour period it puts out about the same amount of water that a typical rain bird sprinkler puts out in a 3 to 4 hour period.

It is critical that housing residents comply with water conservation policies.

The water treatment facility is designed for peak output of 5 million gallons per day. The maximum usable storage capacity for housing is less than 4.5 million gallons.

Ideally, the water used from storage would never exceed the peak output of the plant.

However, during hot summer days with temperatures hovering around or over the 100 degree mark, our water usage exceeds the storage capacity.

When this happens over several days, the plant is not capable of making up the losses.

Since a majority of that water is used for irrigation and a considerable amount of that water is lost due to over-watering and evaporation, your compliance with the watering hours and odd and even days is critical.

The lawn watering hours are published in the Housing brochure and residents are periodically reminded of these hours in articles such as this.

However, some residents stray from proper watering practices and leave the sprinklers on during non-watering hours causing water consumption to skyrocket.

In this area and with our high clay soil conditions there is rarely any reason to water your lawn for more than 30 minutes in any one area.

Clay soil becomes saturated quickly, and after 30 minutes of watering it can no longer absorb water.

Excess water runs off into the drainage system or evaporates and is essentially wasted.

We encourage individuals to conform to watering times and other conservation practices.

By doing so, all can maintain a healthy green lawn, help conserve precious resources, and assist with ensuring that the base will not have to pay a utility bill out of our pocket.

FM transformation underway at Beale

By the 9th Comptroller Squadron

The Air Force Financial Management transformation, which is currently underway, is the greatest single change in the finance organization's 60-year history.

"We -- and all of Air Force Financial Management -- are transforming the way we conduct business to better provide expert decision support and analysis to commanders while continuing to provide high quality financial services to all Airmen," said Maj. Steve Dinart, 9th Comptroller Squadron commander.

According to John Vonglis, Principal Deputy Assistant Secretary of the Air Force for Financial Management and Comptroller, "The result of this effort will save the Air Force more than \$200 million over the next 10 years, money that will be available for other programs supporting the war-fighter."

One of the cornerstones of the financial transformation effort is the opening of the Air Force Financial Services Center this fall at Ellsworth AFB, S. D.

The AFFSC will centralize and streamline most financial processes now being handled by individual bases.

The AFFSC set to open its doors for business in October, will centralize and transform the majority of financial services that are currently provided by 93 separate financial service offices at a base-level, not excluding GSUs and Reserve Pay Offices.

"The AFFSC will be established through two phases ultimately resulting in Airmen having the total force expertise of FM matters available at one location," said Roger Bick, Director of Air Force Financial Management Strategic Planning and Transformation Program Management Office of the Pentagon.

Phase I will begin with the opening of the Central Processing Center in October. The CPC will focus on consolidating base-level back-shop operations.

"Such operations include, but are not limited to, processing travel and military pay documents," said Mr. Bick. "These transactions are termed 'back-shop' as they are not generally seen by the customer."

Phase II operations will begin in October 2008 when an around the clock full-service contact center is established. Knowledgeable staff in the contact center will provide top-quality pay and travel service to customers via telephone, internet, and fax.

"From this point, Airmen will only need one telephone number to find solutions to their financial issues," said Lt. Col. Howard Osborne, project officer SAF/FM Financial Services Transformation. "Having a single contact center will eliminate the inconveniences that customers experience in having to fix financial issues during regular duty hours."

To prepare each base to transition to the new Financial Service Center, the SAF/FMT Financial Service Transformation Team has launched a "Cut-over" initiative.

Cut-over includes both the preparation for migration of the workload and the actual migration of the workload to the Financial Service Center.

A team of experts on Cut-over will arrive at Beale Thursday to brief wing and base leaders on the process.

They will also brief and provide preparation guidance to the Comptroller Squadron personnel on the processes.

Once ACC transitions to the AFFSC in December, using the technology already in place (myPay and DTS) will be more important than ever.

For questions or concerns, call Master Sgt. Kendall Briscoe at 634-5868.

AF offers programs to help manage stress

By Staff Sgt. Monique Randolph
Secretary of the Air Force Public Affairs

WASHINGTON — Airmen have a need, and Air Force leadership wants to meet it.

The Air Force currently has a wide range of programs in place to help the total force and their families manage stress.

However, there is a concern that some are not aware of these programs and not taking advantage of them.

"Whether you're the youngest Airman or the most senior chief on staff, you have stress. Everyone has stress," said Lt. Gen. Arthur J. Lichte, assistant vice chief of staff and director of staff. "All Airmen need to know there are organizations and programs, available to them at their installations, to help them when they're in need."

The Air Force takes a community-based approach to help Airmen manage stress through the Integrated Delivery System.

IDS is a group of cross-functional experts dedicated to the well-being of Airmen and their families.

Every base has an IDS team that coordinates and integrates the activities of all the base support agencies includ-

ing Airman and Family Readiness, sexual assault prevention and response, Life Skills, the chaplaincy, Family Advocacy, Health Promotions, family member programs and Air Reserve component representatives. Additionally, the IDS team can develop initiatives to address the specific concerns of an installation.

Beginning in June, IDS members will kick off a series of monthly campaigns with themes that focus on specific programs to help manage potential areas of stress for Airmen and their families.

"Deployments are definitely one source of stress that most Airmen can identify with, but that's not the entire story," General Lichte said. "What about the Airman who has lost a loved one or the member whose spouse is battling cancer?"

"While most of us were not on the Virginia Tech campus at the time of the shootings, we can just about imagine the kind of stress those students, faculty and family members are under," he said. "Although this particular stressor does not apply to me, I need to be aware of what others around me may be going through. If someone we know or work with is dealing with issues like

these, we have to think about what we can do to help them cope."

General Lichte said the campaign should not be considered ancillary training or just another requirement.

"The purpose is to bring awareness about the potential causes of stress and educate Airmen about existing programs designed to help them identify, manage, treat and reduce stress," he said. "We want them to know about these programs and use them."

The following campaigns are scheduled for June 2007 to May 2008:

- * June - Healthy relationships
- * July - Leadership
- * August - Deployment readiness
- * September - Legal support
- * October - Domestic violence awareness
- * November - Military family appreciation
- * December - Holiday stress
- * January - Financial readiness
- * February - Health and wellness
- * March - Transitions
- * April - Child appreciation
- * May - Substance abuse prevention



Beale raises 48K during aid campaign

By Airman 1st Class
George Cloutier
9th RW Public Affairs

The Beale Air Force Assistance Fund drive for 2007 recently came to a close after raising \$48,000 to help Airmen in need.

The AFAF is an annual fund drive that raises money for the charitable affiliates that provide support to Air Force families in need, said Senior Master Sgt. Bradley Truesdell, 9th Maintenance Group Quality Assurance superintendent, who served as the Beale AFAF project officer for this year's campaign.

Sergeant Truesdell worked with group and squadron AFAF representatives to reach their goal of giving base Airmen the information they need about the fund drive and the Air Force charities the fund supports.

"Over 700 people on base donated this year," Sergeant Truesdell said. "That's a lot of money this wing raised to support the military member."

Sergeant Truesdell said this year's representatives did a great job getting the information out to their people.

"I'm really glad that I got to be part of it and work with the people who were going out in to the squadrons to do this for the Air Force," Sergeant Truesdell said. "People were out there continually asking their folks, giving them the information and seeing if they wanted to donate. It's just a continual education process or reminding how important it is to take care of our own."

For more information on the Air Force Assistance Fund, visit <http://www.afassistance-fund.org>.

Airmen live, learn warrior ethos

By Staff Sgt. Matthew Rosine
Air Force
News Agency

SAN ANTONIO — Airmen going through basic training are focusing on living and learning what it means to be combat-ready.

This education centers on Air Force warrior ethos.

Specifically, it focuses on strengthening an Airman's mind, body and spirit.

"The warrior ethos has always been a part of an Airman's character, but some people may have lost sight of it," said Air Force Chief of Staff Gen. T. Michael Moseley. "This warrior ethos exhibits a hardiness of spirit, and moral and physical courage."

The Air Force's newest warfighters are learning from day one the importance of warrior ethos.

Basic military training instructors, like Tech. Sgt. Daniel Wheeler, are making sure this combat mindset is being understood.

"We are trying to change the

mindset that our trainees have coming in," Sergeant Wheeler said. "They have the impression that we are a chair force. We are trying to change that assumption and show them that we are warriors, just like the rest of the services."

"In order to get the trainees to not freeze and flee (in combat) is to give them training," said the basic military training instructor, or TI. "So the ethos we present, such as the Spartans did, is to emphasize that training. We have to get deep into their hearts and minds because that's where the ethos comes from."

And this message is coming through as loud and clear as a TI's voice in a basic trainee's ear.

"I didn't expect this level of intensity," said Airman Jeffrey Harrell, a basic trainee. "It is important that we get this level of training because it may end up saving my life or somebody else's life in the future."

But the warrior ethos won't end for these new Airmen after graduation from basic training.



Basic trainees practice techniques to establish a perimeter to defend their area of responsibility on Lackland AFB, Texas, on May 2.

(Photo by Tech. Sgt. Larry Simmons)

"Everybody in my flight is proud of where we come from," said the trainee from Belding, Mich. "I'm extremely proud to be here. I bragged

to all of my friends back home that I was coming to basic training. I can't wait to go back and tell everyone that I'm an Airman."



Volleyball champs

The 9th Civil Engineer Squadron volleyball team recently took home the gold after winning in the season-ending tournament. (Courtesy photo)

Community Briefs

Military Spouse Symposium

The Military Spouse Symposium, "Fun and Education to Show our Appreciation" is scheduled for today from 9 a.m. to 2:30 p.m. in the Community Center. The symposium will include a workshop with the parenting game, "That's the Ticket" with Kevin McMahon among other workshops.

Flower voucher program

The flower voucher program is now underway for family housing residents. The 9th Civil Engineer Squadron Housing flight is issuing flower vouchers, valued at \$30, to residents for the purchase of flowers at the Base Exchange through June 2. Vouchers are issued at the U-Fix-It store, located in the housing area at 5140-D Flamingo Court, off West Garryana Drive. Vouchers can be picked up from 10 a.m. to 4 p.m. Tuesday through Saturday. For more information, call the housing office at 634-2793.

Watering schedule

The lawn watering schedule is now being enforced. Odd numbered home lawns can be watered on odd numbered days and even numbered home lawns can be watered on even numbered days.

No watering is permitted on the 31st day of any month.

Watering is permitted from 5 to 10 a.m. or 7 to 10 p.m. For more information, call the housing office at 634-2793.

Women, Infants, and Children

A Women Infant Children meeting is scheduled for Tuesday at the Airman and Family Readiness Center. This is a county-run program offered by appointment only. For more information or questions, call 749-4830.

Safety fair band

Beale's Wing Safety office is inviting any Team Beale members who play in a band to perform at the May 18 Safety Fair. Four bands will be selected on a first-come basis and will perform for 25 minutes between 12:15 and 2 p.m. All applicants must use their own equipment and provide a list of songs and lyrics to be approved for play.

For more information, call 634-8874.

Mega case lot sale

The Beale commissary mega case lot sale is scheduled for Tuesday and Wednesday from 9 a.m. to 9 p.m. For more info visit www.commissaries.com or call 634-2422.

Beale deer hunt

The annual Beale deer hunt is tentatively scheduled for August 18 through November 5. The lottery to select the hunters for this year will be held Thursday at 10 a.m. in the Environmental flight conference room in building 2561. Prospective deer hunters must have a California hunting license and California Department of Fish and Game deer tag application with G7 filled in as their first choice. The deer tag application must be submitted to the 9th Civil Engineer Squadron Environmental flight office at 6601 B Street, no later than one hour before the May 17 drawing. For more information or questions, call 634-4398 or 634-2738.

Breastfeeding support group

A free Breastfeeding Support Group is open to all women and children Mondays at 9:30 a.m. in the Foothills Chapel. For more information, call Julie Mathews at 788-7660.

Airmen's attic

The Airmen's Attic is now open and has moved behind the Omni. Hours of operation are Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. and Tuesdays and Thursdays from 5 to 7 p.m. and the attic now serves E-7s and below and O-1 to O-3s.

The attic will also be open the last Saturday of each month from 10 a.m. to noon. An all ranks day is scheduled for the last Friday of every month.

For more information, call the attic at 634-5640 or after hours at 788-2993.

Bible drive

The Beale Chapel is sponsoring a Bible drive to collect used Bibles. To donate a Bible, drop them off at either the Foothills or Valley chapel.

For more information, call Cindy Stremel at 788-9767.

Housing development program

The Air Force Sergeants Associa-

tion has united with Mercy Housing to improve neighborhoods and stabilize lives. Every Saturday from 8:30 a.m. to 12:30 p.m. volunteers from Team Beale can assist local low-income families build their own homes.

For more information, call Staff Sgt. Joseph Bright at 634-8872.

BAADD volunteers needed

Want to save a life? Beale Airmen Against Drunk Driving is in need of volunteers.

To volunteer or for more information, call 634-5555 or 634-5700.

Beale blood drive

The next Beale blood drive is scheduled for Tuesday from 10 a.m. to 4 p.m. at the Community Center.

For more information, call Staff Sgt. Matthew Manning at 634-8435.

Customer Appreciation Day

The Beale supply store will be holding a Customer Appreciation Day today from 11 a.m. to 3 p.m. at 19501 Edison Ave., Building 1086, Room 494. There will be free giveaways and refreshments.

For more information, call 634-8286.

APAH month

May is Asian Pacific American Heritage month and Beale is celebrating in many ways. A car wash will be held Wednesday from 11 a.m. to 2 p.m. in the Base Exchange parking lot. A food fair will be held Wednesday at 11 a.m. at the commissary. A heritage luncheon is scheduled for May 23 from 11 a.m. to 1 p.m. at the Recce Point Club.

For more information, call Grace Patterson at 634-9351 or e-mail at grace.patterson@beale.af.mil.

New Parent Support Program

The New Parent Support Program helps new parents overcome challenges by providing books, information, and resources to help through the first three years. For more information, call Roberta Trumm at 634-0626.

Vendor fair

The 9th Contracting Squadron hosts the 2007 Beale Vendor's Fair on May 23 from 9 a.m. to 2 p.m. at the Community Center. This forum

allows local businesses who accept the Government Purchase Card to show Team Beale members what type of service or merchandise they offer.

For more information or questions, call 634-2868.

Get moving in May

May is National Physical Fitness and Sports Month.

Take the the President's Challenge or participate in the Active Lifestyle Program. For more information, visit www.presidentschallenge.org.

Car seat inspection

A car seat safety inspection is scheduled for May 24 from 1 to 4 p.m. at the Child Development Center. Each year thousands of young children are killed or injured in car crashes due to incorrect use of car seats. This free inspection will ensure car seats are correctly installed. For more information, call Roberta Trumm at 634-0626.

Available NAF positions

The following Non-Appropriated Fund positions are currently available at Beale:

A child development program assistant, training specialist, food service worker, cashier and checker, waiter, cook, custodial worker, sundry clerk, custodial worker leader, recreation assistant, caterer, swim instructor, lifeguard and school-age program assistant. For more information, call Belia Hebert at 634-2316.

Yuba College registration

Students may now begin registering for summer and fall Yuba College classes by visiting the Yuba College Beale Outreach office located inside the Education and Training center. Class schedules are available at www.yccd.edu. For more information, call Susan Downing at 788-0973.

Beale Veterinary services

The Beale Veterinary Treatment Facility's hours of operation are Monday to Friday from 8:30 a.m. to 3:30 p.m. The VTF is closed on weekends, holidays and as necessary, to meet mission requirements and military training. The VTF holds

BRIEFS from page 14

minor sick-call and vaccination clinics throughout each month. Appointments may be made by calling 634-2104 during operating hours or by stopping by the VTF. Health care can only be provided to animals that are not being maintained for profit sales or any other commercial purpose. The facility offers health certificates, immunizations, parasite control, zoonotic disease control, heart worm testing and prevention, microchips, pet adoption and limited outpatient treatment. No emergency services are available and the VTF does not have the necessary facilities or staff to provide hospitalization or intensive veterinary care. For more information, call 634-2104.

Registration of dogs and cats

All dogs and cats on base are required to be immunized against rabies and registered annually. The Beale Veterinary Treatment Facility recommends a full series of vaccinations in addition to the rabies vaccination. Dogs and cats residing off base must be registered with the city. More details may be obtained at the VTF. Animals residing on Beale must be registered with the VTF within ten working days of arrival.

Proof of rabies immunization is required of all dogs and cats over

three months of age at the time of registration. Registration and immunization may be required on a yearly basis. If animals were not vaccinated at the Beale VTF, bring the certificate of rabies vaccination to the VTF for registration and/or update of their records. For more information, call 634-2104.

Animal health certificates

Animal health certificates are available for interstate and overseas travel from the Beale Veterinary Treatment Facility. Certificates are valid for 10 days when traveling overseas or by air and 30 days when traveling in the continental United States. Animals must be examined within the 10 or 30 days prior to arrival at the destination. Contact the VTF at least 60 days prior to shipment to foreign countries for entry requirements. For more information, call 634-2104.

Mountain lions sighted in area

According to a local USDA wildlife biologist, mountain lion activity has increased in the area in recent months. Mountain lion sightings have been reported in Nevada County, Spenceville Wildlife Area, and on Beale. Over half of California is mountain lion habitat, yet human attacks have been very rare. There are still precautions to take to decrease the chances of a mountain lion attack

such as: Do not hike, bike or jog alone, especially in remote, unpopulated areas. Avoid hiking or jogging when mountain lions are most active (dawn, dusk and at night). Keep a close watch on small children. Never approach a mountain lion. If you encounter a mountain lion, do not run; instead, face the animal, make noise and try to look bigger by waving arms or throwing rocks or other objects. Pick up small children. If attacked, fight back. If a mountain lion attacks a person, dial 911 immediately. To report an on-base mountain lion sighting, call the Law Enforcement desk immediately at 634-2131. For more information on mountain lions, visit www.dfg.ca.gov, or contact the Natural Resources office at 634-2738.

Mosquito fogging

The 9th Civil Engineer Squadron Entomology shop will be fogging the base for mosquito control starting the third week of May until approximately the end of June.

On Tuesday, spraying will begin in Military Family Housing. In certain areas, the flightline will also be sprayed. Spraying will begin at 9 p.m. on Tuesday and Thursday evenings. The chemical, approved by the Environmental Protection Agency, California authorities and the Air Force, presents little to no risk to families and pets. However,

families and pets should remain indoors during spraying periods. For more information or questions, call Public Health at 634-4883 or Entomology at 634-2714.

BESC meeting

A Beale Enlisted Spouses' Club meeting is scheduled for May 14 at 6:30 p.m. at the Recce Point Club. Bingo is scheduled also. The first card is free and three for \$5 after that. A salsa making contest is also scheduled. For more information, call 741-2737.

Vacation Bible School

Vacation Bible School is scheduled for June 11 to 15 at the Foothills Chapel from 9 a.m. noon.

Children from pre-school age (potty trained) to those entering the sixth grade are eligible to participate in this year's "Avalanche Ranch" themed VBS. Registration will be held after Sunday services and during Foothills Chapel normal business hours.

For more information, call 634-4701.

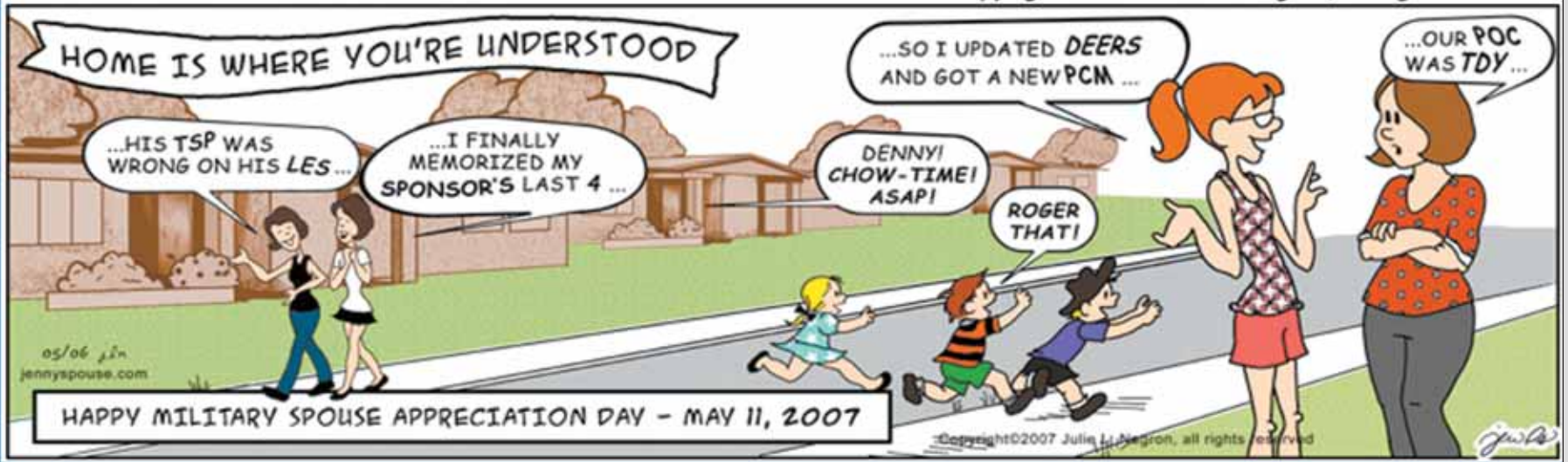
Beale advisory council

The next Beale advisory council meeting is scheduled for May 23 at 9:30 a.m. in the 9th Mission Support Group conference room, located in Building 2400.

Jenny: Jenny follows the adventures of a young Air Force spouse determined to overcome the challenges of a military lifestyle. Drawn from the real lives of both contributors and the cartoonist, Jenny's experiences reflect the humor, ingenuity, and sheer determination necessary to be successful as the spouse of an active duty military member. For more *Jenny* comics, visit <http://www.jennyspouse.com>.

MILITARY SPOUSE APPRECIATION

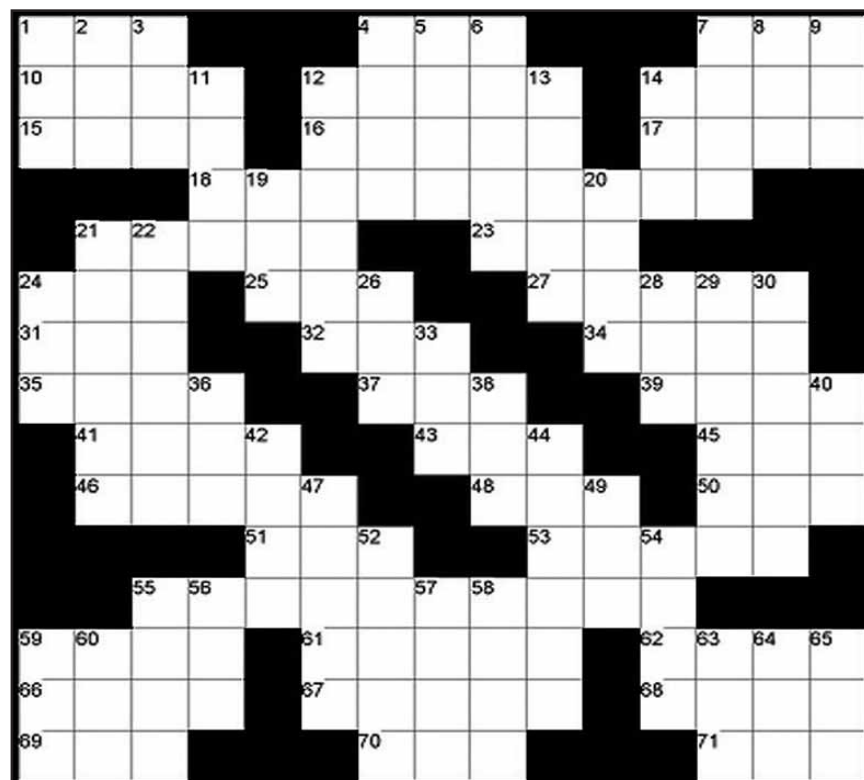
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Find the Base ...AMC, Vol. 1

By Capt. Tony Wickman

71st Flying Training Wing Public Affairs



ACROSS

1. Auto
4. Ancient
7. Choose
10. October birthstone
12. Musical theater
14. Region
15. Vatican resident
16. Of, relating to, or in the region of the kidneys
17. Browse
18. AMC base home to the 319th ARW
21. Approximately
23. Sweet or iced beverage
24. Shaq's org.
25. CNN's Turner
27. AMC base home to the 375th AW / AMC HQ
31. CC's span of control
32. Stitch
34. Ireland, formerly
35. Actress Roseanne
37. Dead or Caspian
39. Actress Turner
41. Cambodian money
43. Sixth sense
45. Univ. Tennessee player, informally
46. AMC base home to the 436th AW

48. Buddy
50. Taxing org.
51. Kernel
53. Cat in the Hat doctor
55. AMC base home to the 437th AW
59. Goodbye
61. Heart valve
62. Shakespearean villain
66. Lasso
67. Avenues
68. To believe, think, or suppose
69. Single
70. Asian holiday
71. Foot part

DOWN

1. Policeman, informally
2. Overseas mil. mailbox
3. Music genre
4. Ajar
5. Give money
6. Compose
7. Mining lodes
8. Pod denizen
9. Little bit
11. Child's toy
12. Speaks
13. Aftershave ingredients
14. Noah's boat
19. Tire track
20. Indianapolis 500
21. On the ship
22. Spanish neighborhood
24. Capture
26. ___ Moines
28. Engine need
29. AMC base home to the 60th AMW
30. Jose Carreras, Placido Domingo and Luciano Pavarotti
33. Tiny
36. Gun the motor
38. Cleo killer
40. USAF PME for E-4s
42. Singer Horne
44. Spaghetti and lasagna
47. Country
49. Zodiac sign
52. Inflate
54. Battalion or brigade
55. ___ Fear
56. Garden tool
57. Sea bird
58. Restore, in editing
59. ___-Magnon
60. Charged particle
63. Op and deco
64. Slop
65. In debt

White Water Summer

by Maj Scott Buchanan

White water rafting (WWR) season is in full swing at Beale's **Outdoor Adventure Center**. "With the low snow pack in the Sierras this winter, the river is raring to go at mid-summer levels," according to Robbie Bianchi who heads up the WWR program for the OAC. Bianchi further added, "We've just concluded our annual guide training program and have a complete cadre of freshly trained guides in the latest safety and rafting procedures for this summer's trips." OAC guides must attend two weeks of intensive training with a primary focus on raft and passenger safety. Guides must prove their competency in reading the river for safe routes and their ability to navigate rafts in a moving current with multiple rapids, rocks, eddies and changing river currents. In addition to qualified guides, a certified Swiftwater Rescue Technician accompanies each trip.

The stretch of river rafted by the OAC is the most rafted river in America. The rapids along the day trip 12-mile stretch are predominately Class II and Class III rapids using the Class VI system. According to Debi Best, the OAC Director, "Class III rapids are a great ride. It's not something I'd want to take an inner tube through, but more exhilarating than most roller coasters—and the South Fork of the American River is one of the most scenic waterways in California."

White water rafting trips occur several times a month throughout the spring and summer. The OAC charges \$45 per rafter on scheduled trips, less than half the fee charged by commercial outfitters. Private and unit trips can also be scheduled at a discounted rate depending on the number of rafters. Also scheduled for this summer are two-day overnighter American River trips. Overnighter trips include meals and a 20-mile stretch of the river with up to Class IV rapids.

Once pre-registered, rafters meet at OAC at 0900 where transportation is provided to the "put-in" site near Coloma, California, in the heart of the gold country. Once rafts are properly inflated and safety checked, trip leaders provide a safety briefing over the dynamics of a riparian environment. They also discuss operation of required safety equipment (provided by the OAC). Immediately prior to launching, a final safety equipment check is conducted before boats with up to six paddlers and an experienced guide launch for a 4-hour joy ride down the American River.

The first half of the journey includes mostly calm water where rafters get some experience with paddling the boat and the guide's commands. Many opportunities exist to play in the water and float through a Class II "Swimmer's Rapid." Water fights between rafts are also encouraged. "Can't think of a better way to spend a hot summer day," Bianchi added, who is quite often in the river himself still looking for a lost hat. After approximately two hours, the boats pull over for a short lunch break. While customers must provide their own lunches, they are maintained in dry bags and strapped into the rafts for safe keeping.

After lunch, the fun really begins. Within minutes, rafters encounter their first Class III rapid. Shortly after, rafters enter a Class III+ rapid where the entire river's contents flow into one large whirlpool and a photographer sitting on a rock to record your adventure for posterity. Rafters next are guided over multiple Class II and III wave trains, haystacks and rooster tails.



"ALL FORWARD," the raft guide commands as the occupants of the boat propel themselves through a ten foot Class III wave on the South Fork of the American River.

WHITE WATER SUMMER Continued on following page



SWEDISH MASSAGE

Mother's Day Special

1 - Hour Massage - \$40
1-1/2 Hour Massage - \$55
30 Minute Chair - \$25

Order no later than May 13th
 Must redeem by June 13th

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 MILITARY & DoD CIVILIANS



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Cost: \$44 (ticket & transportation)

SIGN UP DEADLINE: MAY 16

Great America is Northern California's favorite place for family fun and thrills starring your kids' favorite Nickelodeon® characters, and the most family rides in the Bay Area. Looking for something more daring? Great America hosts dozens of terrific thrill rides as well--Whitewater Falls, Flying Eagle, The Grizzly, Rip Roaring Rapids, Loggers Run and many more rides for all ages. **Don't miss this day of fun for everyone.**

OUTDOOR ADVENTURE CENTER • 634-2054

2007 18 events... 4 quarters... **1 WINNER!**

Beale Cup May Events:

Thurs, May 10th:
PADDLE, PEDAL & PANT RELAY

8:00 AM Upper Black Welder Lake

Thurs, May 17th:
PT CHALLENGE

8:00 AM Harris Fitness Ctr

Thurs, May 24th:

JOUST, TUG-O-WAR
 1:00 PM Base Running Track

STRONGEST MAN/WOMAN

FASTEST MAN/WOMAN
 1:00 PM Base Running Track
AWARDS PRESENTATION 3 PM

UPDATED SCHEDULE • CALL FOR MORE DETAILS

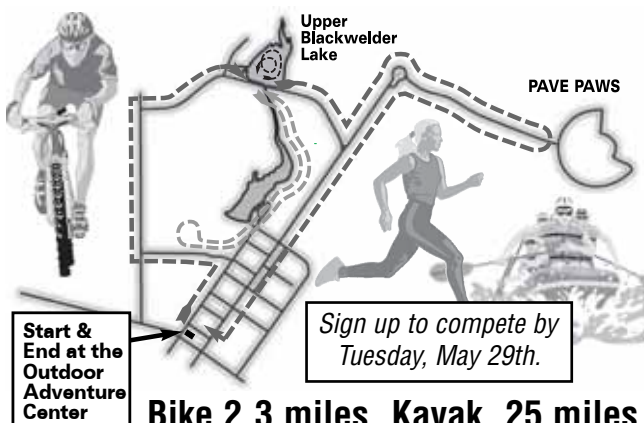
Harris Fitness Center • 634-2258

RECCE CHALLENGE ADVENTURE RACE

BIKE • PADDLE • RUN

THURSDAY • MAY 31, 2007

8:00 AM at the Outdoor Adventure Center



**Bike 2.3 miles, Kayak .25 miles,
 Run 2.2 miles, Bike 5.7 miles.**

Sponsored by: Propel, Gatorade, Aquafina and TJ's Coffee & Deli. No federal endorsement of sponsors intended.

We Need Volunteers! Stop by the Harris Fitness Center or call 634-2258

Have you been to Arts & Crafts lately?

The **Arts & Crafts Center's** mission to provide top-notch customer service continues. In response to customer requests, the Arts & Crafts Center is now offering new programs such as Self Help Framing Classes as well as expanding current services as in their engraving shop.

The **Engraving Shop** has a new sand etcher. This machine expands their engraving services and enables them to personalize stainless steel items, glassware and wedding service pieces, to include wine bottles and glasses. The possibilities keep growing.

The **Embroidery Shop** will be visiting base agencies to present a new portfolio of beautiful designs.



A **Self Help Framing Class** has been added on the second Tuesday of each month from 5:00 to 7:00 PM, which costs \$30 per person. Payment is required at time of registration. In addition to the framing class, the Frame Shop continues to provide professional custom framing at affordable prices.

The Arts & Crafts Center now carries a variety of unique shadowboxes and flag boxes. They offer assembly of shadowboxes and can fill special orders.

Arts & Crafts Center is located at the corner of A Street and Warren Shingle. Stop by for a visit and their knowledgeable staff will show you what's new. If you have questions about their services give them a call at **634-2294**.

Summer White Water Rafting with OAC

Continued from previous page

"Quite the rush," according to seasoned guide Torsten Howard. After Bouncing Rock, rafts are propelled through the "Hospital Bar" rapid, the site of an old gold rush hospital. "Without a doubt," Bianchi said, "Hospital Bar has the best hole and wave on the river with this year's flows." After the take-out, rafters are provided an opportunity to change into dry clothes and view their pictures from the Satan's Cesspool and Bouncing Rock rapids. Before returning to Beale, OAC raft trips typically stop at a very popular California hamburger joint in Auburn.

The OAC requires all rafters to bring shoes that can be strapped to their feet and appropriate bathing suits. Sun screen,

hats and sunglasses with straps are also highly recommended. For all raft trips, the OAC provides rafters with Type III Personal Floatation Devices (PFDs) and paddles. Helmets are also available upon request. Rafters should also be aware the source of the river is Sierra snow melt. Regardless of the outside temperature, the river's temperature rarely exceeds 60 degrees. Trips and space are limited as white water rafting is one of the OAC's most popular events. To take advantage of this unique opportunity, advanced registration is required. Stop by or call OAC at **634-2054** for details and reservations.

Beginning Genealogy Classes

Learn how to use the internet to trace family history, and to create a Family Tree!

May 12th- 11:00 AM

Hub Zemke Library • 634-2314

May 19th

2007 AMERICA'S ARMED FORCES KIDS RUN

1/2 mile to 5 K Runs

9:00 AM • ages 5 and older

A fitness walk/run for the whole family.

Community Center • 634-3140

Mother's Day Brunch

Carnations for all the moms

At the Recce Point Club

May 13th, 2007 • 10:30 am-2:00 pm

Do something special for mom, and take her to the Club for a scrumptious meal.

Club Members: \$14⁹⁵ per adult
Non-members: \$16⁹⁵ per adult,
\$5 per child (6-10 yrs). FREE 5 and under.

Groups of 6 or more RSVP by May 11th.

MENU ITEMS

Scrambled Eggs • Bacon • Sausage • Home Fries
 Biscuits/Gravy • Waffles • Omelet Station
 Carving Station with Ham and Roast Beef • Gourmet Salad Bar
 Peel and Eat Shrimp • Chicken Parmesan
 Portabella Mushroom Lasagna • Chicken Marsala w/Linguine
 Roasted Potatoes • Mashed Potatoes & Gravy • Rice Pilaf
 Vegetable Medley • Chocolate Covered Strawberries

>> SPECIAL KIDS BUFFET LINE <<

Recce Point Club • 634-4948

BARNYARD

Family Night

May 16th • 5:00-7:30 PM

Farms Animals • Pony Rides
Music Food • Fun!

\$1 Members, \$5.95 Non-members

All You Can Eat Lunch Buffet!

Wednesday - Friday • 11:00 AM-1:00 PM

Wednesday- Southern Style
Thursday- Italian
Friday- Fish & Carving Station

Members \$6.95,
Non-members \$8.95

Recce Point Club • 634-4948

MAY TOURNAMENTS & EVENTS

CRGC 2-PERSON BETTER BALL

Updated Schedule

MAY 12th

Tee Time 8:00 AM
Full Handicap • Men & Women
 \$40 per team, plus green fees & cart.

Coyote Run Golf Course

788-0192

GOLFER'S FIELD DAY

May 18th • Dawn to Dusk
Full handicap • Men and Women
 \$10 Active duty, \$15 others.
 Includes green fees and \$5 prize fund.